

Hello Fellow State of MI Employees,

The Employee Health & Wellness—WOW team hopes you enjoyed an active Michigan summer. September marks the beginning of fall; back to school; restarting family routines after the lazy days of summer; carpooling to after school activities; football season; leaves turning color.

Michigan State Police wants us all to have a safe September by observing the following:

"Buckling up is a snap and it can save your life.

Michigan has a very important law - a mandatory safety belt law designed to save lives and prevent injuries. This law requires all drivers and front seat passengers to be buckled up and children under age 4 to be in an approved child safety seat. It also requires passengers up to and including age 15 must be buckled up, in all seating positions. Increased safety belt and car safety seat use is the most effective way to reduce the risk of death or injury resulting from traffic crashes. Research shows that lap/shoulder belts, when used properly, reduce the risk of being killed in a crash by 50 percent, and car safety seats reduce the risk by 71 percent.

So help ensure your health and safety the next time you get into a vehicle. Buckle up. Every trip. Every time." Click below to learn more. http://www.michigan.gov/msp/0,1607,7-123-1593_3504--,00.html

The **American Heart Association** will be sponsoring a Walk **September 25th**. For more information click this link: <http://www.heartwalk.kintera.org/Lansing>.

September is also a time to celebrate personal and family health. The following are some national health observances and ideas for all ages.

National Cholesterol Education Month: High cholesterol can be a silent problem until heart disease is found. Without a person knowing, cholesterol can build-up in blood vessel walls and BOOM; there is blockage, chest pain (angina), and a heart attack. This is why it is so important to understand how [elevated cholesterol](#) occurs and what can be done to [prevent heart disease](#). CLICK on each for more information.

Healthy Aging Month: *Health at any age* is directly related to living a healthy lifestyle; i.e. 30-60 minutes of regular physical activity on most days and healthy eating. Visit each month the [WOW—Working On Wellness](#) website for new articles on living healthy.

Ovarian Cancer Awareness Month: Hello Women, To help you understand the risks and symptoms of ovarian cancer visit the websites of [American Cancer Society](#) and [Mayo Clinic](#).

Prostate Cancer Awareness Month: Men, the best advice for decreasing the risk of cancer is the same as heart disease. Maintain a healthy weight; eat 9 + fruits & veggies a day; exercise regularly and don't smoke.

[Being Overweight/Obese increases the risk of CANCER](#). Click to find out more.

National 5 A-Day Month: Eating a colorful variety of 5—9 fruits and vegetables daily provides the vitamins, minerals, and phytochemicals needed to maintain good health.

A Day to Eat Dinner with Your Children: **September 27th** is a national campaign to urge family involvement as a simple, effective way to reduce substance abuse and raise healthier children. Studies have shown that the more often children eat dinner with their families, the less their chances of engaging in risky behaviors.

Congratulations Angela McNulty! You are the August WOW Contest Winner. Prize: One-week pass to the MAC Fitness Club, or an alternative.

WOW invites each employee to share your story. What have you found helpful in making and/or maintaining healthy lifestyle changes? How do you make healthy eating easy? What is your secret to finding time for regular exercise? You will discover that you are not the only one struggling *to balance* your work and your home life. You can help each other learn ways to make life 'a little easier' by sending your story to MDCS-WOW-WorkingOnWellness@michigan.gov. No names will be used.

If you are unable to access the website from the WOW link, go to www.michigan.gov/mdcs and click on Employee Benefits, then Employee Health and Wellness. Please feel free to call our toll free number (1 800 505 5011) if you have difficulty accessing our website or its links.

Working On Wellness—The WOW Team
Employee Health and Wellness
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